

# The Sustainability Academy Newsletter

## September 9th



### Sustainability News

As we head into a new school year we wanted to let you know that the teaching staff has chosen to focus on the big idea of “**Community**” using the following guiding questions throughout the year:

- ❖ **K-** What is a Community?
- ❖ **1st** - How are People and Nature a Community?
- ❖ **2 / 3-** How do we Create Change in our Community?
- ❖ **4 / 5** - How Does Change Impact People’s Lives?



We look forward to hosting many events that highlight the importance of celebrating our diverse human and natural communities, including wellness activities beginning in the middle of September. One program is **Morning Move It!** (MMI!) I am looking for regular support this year to make MMI! part of our morning routine.

**Morning Move IT!** Is open to **ALL** students, family members are encouraged to join in as well.

Movers travel around the back track in a safe way that feels good. Every time a mover makes one lap s/he receives one popsicle stick from a volunteer. At 8:05 all movers are invited to report their number of sticks to the person with the clipboard. All sticks are returned to the MMI! bucket to be reused. We use a speaker to project some fun music that makes moving more fun! The more laps movers get the more chances for cool prizes.

**Morning Move IT** happens every Monday and Thursday morning from **7:50-8:05** (note: days may change depending on volunteer schedules). MMI! will begin later in September.



We also encourage families and students to come to school by walking or biking whenever possible. Last year we organized Bike Trains to have safety in numbers. It would be wonderful to organize some new trains this year that could take place every Friday morning as long as the weather is safe for biking.



We are continuing our efforts to keep batteries, old cell phones and filmy plastic out of our one landfill in Vermont. The SA is happy to help you recycle your materials. We have a brown box for batteries and cell phones in our main office and a white box for filmy plastic just inside of our North Street Entrance.



As we continue to have warm days, we encourage students to bring a water bottle from home (please write names on bottles) to refill throughout the day. This will greatly reduce the Food Service's cost of purchasing plastic cups.



**Congratulations Grace!**

She entered several floral arrangements in a local competition and won two first place ribbons and a third place ribbon for her creativity.





If you are interested in volunteering at the school please sign up in the office with Monica Gragg. We need help in the following areas ;

- |                         |                      |
|-------------------------|----------------------|
| Morning Move IT!        | Bike Train           |
| Reading to children     | Laminating           |
| Stuffing Friday Folders | Lunchroom Monitoring |
| Breakfast Monitoring    | Library Monitor      |
| Watering the Garden     |                      |

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### Burlington Afterschool

- No more students will be admitted to the afterschool program at this time--new registrations will go onto a wait list. We hope to hire more staff shortly to be able to admit more students.
- Families and kids not enrolled in afterschool are asked to preserve the blacktop and both fenced playground spaces for kids in afterschool and pre-school from 3:00 pm onwards. Families and kids may mingle and play near the gardens and in the back field. We ask that family of afterschool kids not be in afterschool spaces, including the playgrounds and blacktop, from 2:50-5:15pm.
- Unaccompanied kids who are waiting for the bus or otherwise may not join the afterschool program in the playground, in the cafeteria or on the blacktop after 2:50pm. We recommend guardians of these students register their children onto the afterschool wait list so that they can be cared for during this time. If they are not enrolled in afterschool they must wait for the bus on the green space in front of the school.



**Sustainability Academy  
AFTERSCHOOL PROGRAM**  
HAS POSITIONS AVAILABLE!  
**APPLY TODAY TO JOIN  
OUR TEAM!**

To apply, email a cover letter, resume, and 3 references to:  
Cece Watkins at [cwatkins@bsdvt.org](mailto:cwatkins@bsdvt.org)  
802-324-6723

Our Mission is to foster the social and academic success of Burlington youth through quality programming in an environment that creates lasting connections with peers, adults and the community. Burlington Kids is a licensed child care provider in the Burlington, VT community. We support students, grades K-5 during the after school hours Monday-Friday during the school year, giving them opportunities to engage in enrichment activities from arts, sports, science and technology, cooking and more!

We are looking for energetic and caring staff for lead and support positions.

- Teach daily classes, acting as a positive adult role model, coach, and mentor.
- Gain experience working with elementary age children.
- Ideal for someone looking for additional income, retired, college students, or if you just love working with kids.
- This is a fun and flexible job where you get to be creative and build lasting relationships.
- Monday-Friday, 16-18 hours/week
- Hourly rate commensurate with skills and experience.

## Nurse's Corner

### **Welcome Back to School!**

A good night's sleep can go a long way in helping ease the transition back to school and help our children's bodies and minds prepare to learn.

The American Academy of Pediatrics recommends that Elementary school children get between 9-12 hours of sleep each night! It's also recommended to turn off the "screens" (TV, video games, phones etc.) 1-2 hours before bedtime to help relax the brain and prepare for sleep. Here are some ideas for getting a good night sleep!

### **Sleep Tips**

Here are some things you can do to help get a good night's sleep.

**Make sure your bedroom is cool, dark, and quiet.**  
Ask your parents to help.

**Exercise during the day.**  
Running and playing at least 3 hours before bed help your body get ready for sleep.

**Try to go to bed the same time every night.**  
Your body gets used to a schedule and will be ready to sleep.



**Avoid big meals before bedtime.**  
Drink a warm glass of milk or have a light healthy snack like fruit instead.

**Don't drink sodas with caffeine...**  
especially in the afternoon and at night.

**Have a bedtime routine.**  
Do the same relaxing things before bed each night, like taking a warm shower, reading, or listening to quiet music.  
Your body will know it is time to get ready to sleep.

### **The School Based Health Center (SBHC) is Open!**

The Sustainability Academy is so fortunate to be one of four schools in the district with its own Health Clinic- in the school, during school hours, staffed by providers from University Pediatrics. Appointments can be arranged ahead of time or just by dropping in. The clinic is designed to help children get health care they need, in a way that's most convenient for the parents.

### Services Include:

- Sick visits (colds/flu, skin rashes, stomach illness, ear infections)
- Assessment and care for chronic illnesses such as asthma, allergies, ADHD etc.
- Behavioral support, nutritional support
- Family outreach and support.

### The Details:

- Participation is voluntary.
- The clinic provider will communicate with your child's primary doctor.
- Parents are always welcome to come to appointments, but it is not necessary.
- If you have Medicaid the visits are free, private insurances will be billed.
- **Talk to the School Nurse for an application or for any questions!**

### School Based Health Center Hours 2016-2017

Every Tuesday - 8am-11am - with Mary Lee Ritter, FNP  
Select Fridays 1pm - 3pm - with Elizabeth Robinson, PNP  
\*see school nurse for exact dates



School Starts promptly at 8:10 everyday

School is dismissed at 2:50 everyday except Wednesday's when students are dismissed at 1:50 .

Morning Meetings are every Wednesday starting at 8:10 in the cafeteria. All are welcome to attend.

### Lunch Schedule



|              |               |              |
|--------------|---------------|--------------|
| First lunch  | 11:25 - 11:50 | Kindergarten |
| Second lunch | 11:30 - 11:55 | 1st grade    |
| Third lunch  | 12:00 - 12:25 | 2/3          |
| Fourth lunch | 12:25 -12:55  | 4/5          |

Parents please feel free to join your child for breakfast and lunch. The cost for adults for breakfast is \$1.75 and lunch is \$3.75 .

**Sustainability Academy  
Parent Coffee Dates  
for  
2016/17**



Monday, September 19, 2016  
Monday, October 17, 2016  
Friday, November 18, 2016  
Monday, December 19, 2016  
Friday, January 13, 2017  
Monday, February 20, 2017  
Monday, March 20, 2017  
Monday, April 17, 2017  
Monday, May 15, 2017



**PTO Corner**



**1st** PTO meeting of the Year - Monday, September 12th from 5:45 to - 7:30  
Childcare and Pizza provided



**InfoSnap- Returning Student Information**

Reminder to complete the information.

The Burlington School District will be holding walk-in help sessions on 3 successive Mondays to support families in completing the Returning Student information in PowerSchool.

Each event will be held in the computer lab of the school specified from 4-7 pm.

September 12 at BHS

September 19th at SA

September 26 at Hunt Middle School

Multilingual Liaisons and on-call Interpreters will be on hand to help families

Childcare and light refreshments will be provided